

# Leaders practice

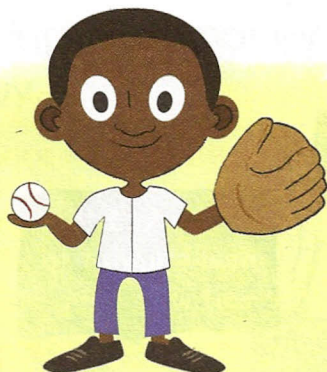
## HABIT 7: Sharpen the Saw

I take care of my body by eating right, exercising, and getting sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

What do you do to keep yourself sharp?

There are lots of ways.

A saw works better when it is sharp.  
A pencil works better when it is sharp.  
You work better when you're sharp.



### **BODY:**

Sleep, exercise, eat healthy foods.



### **BRAIN:**

Learn new things, read, write.



### **HEART:**

Laugh, spend time with family and friends, be helpful to others.



### **SOUL:**

Enjoy nature, listen to music, draw a picture.



## ACTIVITY

# 3

Finish the sentence.

Use the words in the word box.

### WORD BOX

body

brain

playing

learning

heart

soul

spending

enjoying



This girl is \_\_\_\_\_ nature.

She is taking care of her \_\_\_\_\_.



This boy is \_\_\_\_\_ something new.

He is taking care of his \_\_\_\_\_.



This girl is \_\_\_\_\_ time with family.

She is taking care of her \_\_\_\_\_.



This boy is \_\_\_\_\_ ball.

He is taking care of his \_\_\_\_\_.